Chill-out factor

Need to get far from the madding crowd? Let your hair down in a vintage Studebaker in Havana, or Metro's four other places to beat the stress PAGE 11

JUSTIN TIME

JUSTIN TRUDEAU LAUNCHES HIS CAMPAIGN FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE AN EBULLIENT CROWD IN MONTREAL PAGE 3

SASKATOON metro®

Wednesday, October 3, 2012

News worth sharing.

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Saskatchewan clothing firm wins big on Dragons' Den

Ten Tree Apparel. Young entrepreneurs will sell 20% of their firm for $100,000

JEFF MACKEY
Metro in Regina

Saskatchewan's own Ten Tree Apparel has been expanding rapidly into clothing stores across Canada and in the U.S., but Wednesday the fledgling company will get its biggest boost yet — mainstream, national exposure on Dragons' Den.

"We are going to sell 20 per cent of the company for $100,000," said David Luba, 23, a founder of Ten Tree. "We have a very simple business model, so we prepared around that and executed with precision, and things turned out pretty well."

Dragons' Den is a CBC show that offers entrepreneurs a chance to attract investment from business-savvy hosts. Ten Tree's episode was filmed in April, and founders Luba and Kalen Emsley, also 23, had to keep the results a secret until now.

"It's been hard not telling people, but it also sort of added to the anticipation," said Emsley. "I'm excited and nervous, I've seen how they cut it up to make people look dumb, so we are taking bets to see who it'll be."

The clothing company, which plants 10 trees for every piece of clothing sold, was founded nearly a year ago in Regina, and their brand can already be found in clothing stores from coast to coast.

"We have moved into 90 stores now and we want to keep pushing that," said Luba. "In total we have planted about 105,000 trees and we hope to get to a million some day."

On Wednesday night, Ten Tree will host a party in Regina for their Dragons' Den appearance, and will premiere a video called Inspire, which they created with the Canadian Wildlife Federation.

Kalen Emsley, left, and David Luba founded Ten Tree Apparel less than a year ago, but the environmentally conscious clothing brand can already be found across Canada and in some U.S. stores. Ten Tree will appear on Dragons' Den Wednesday night. JEFF MACKEY/METRO IN REGINA

Planting program

Changing the world 10 trees at a time

Ten Tree has helped plant 105,000 new trees in Canada and abroad — including some at a plantation near Edenwold, Sask.

"The trees that we plant provide soil restoration and have a good carbon impact," said Ten Tree co-founder Kalen Emsley. "One tree over a 20-year life can actually take in about one tonne of carbon. So that's quite a significant impact, and if you're planting 10 trees, over 20 years you are taking 10 tonnes of carbon out of the air."

E. coli strikes Saskatchewan

The province is investigating whether contaminated beef led to a spike in E. coli cases PAGE 2

Farmer eaten by his hogs

In a bizarre case, an Oregon man appears to have been consumed by his animals PAGE 4

Liam Neeson, action man

The Irish movie star's career takes another turn with the release of Taken 2 PAGE 9

Carmakers get cute

Our slightly bewildered Drive columnist considers the trend in adorable autos PAGE 14

NEWS 1

Sask. checking spike in E. coli cases for links to beef recall

13 reported cases. 'Laboratory results expected within the next few days,' according to a government release

Saskatchewan is reporting a spike in E. coli cases but is waiting for lab tests before linking them to the massive beef recall from an Alberta plant.

The Ministry of Health announced Tuesday that there were 13 reported cases of E. coli infection in the province last month.

The usual number for September is between zero and four.

"Public-health authorities are investigating these cases and conducting tests to determine whether they are linked to the recall," reads a government release. "Laboratory results are expected within the next few days."

Health officials were reminding consumers to cook beef thoroughly and to wash their hands when preparing food.

The warning comes after yet another recall of beef products from Alberta's XL Foods.

The Canadian Food Inspection Agency said in a health-hazard alert released overnight that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef.

The agency announced the expanded recall as it continues to investigate the Brooks, Alta., meat-packing plant, which had its licence temporarily suspended last week.

THE CANADIAN PRESS

Red-flagged

The new additions are products sold in Ontario by The Kitchen Table, Zehrs, Your Independent Grocer and Valu-Mart, in Quebec by Entrepot de Viandes stores, by Brooks Meat Packers in Alberta, and Co-op, ValuFoods and Village Mart in the Atlantic provinces and Quebec.

- The entire list can be found on the website of the food inspection agency (at inspection.gc.ca).

Cattle in a pasture beside XL Foods' Lakeside Packers plant at Brooks, Alta., on Monday. The Canadian Food Inspection Agency said in an updated alert released overnight Monday that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef. LARRY MACDOUGAL/THE CANADIAN PRESS

Suzuki cautions resource-rich Sask.

Author and TV host David Suzuki, left, and best-selling author Jeff Rubin pose for a photo at Saskatoon's Broadway Theatre. The two were in town for their Eco Tour, which examines how a sustainable future may lie at the intersection of ecology and economy. MORGAN MODJESKI/METRO

One of Canada's most iconic environmentalists was in Saskatoon on Tuesday evening and he had a message for the people of Saskatchewan.

David Suzuki, author, TV host and one of the country's leading environmental advocates said the people of Saskatchewan need to be careful about how they utilize their natural resource-rich province.

"Anything we do — and it doesn't matter if you're in India, China or Saskatchewan — we've got to think much more critically about what we're doing," said Suzuki.

Here with best-selling author Jeff Rubin for their Eco Tour, which examines how a sustainable future may lie at the crossroads of ecology and economy, Suzuki explained Saskatchewan could become one of Canada's pioneers of both solar and wind energy.

Toxic consequences

"We are now in a crisis of human activity, simply taking too much of the natural world for us and we're spewing out our toxic consequences, our waste and our toxic chemicals."

David Suzuki

"You've got a big thing that we don't have in other parts of Canada, like Southern Ontario, and that is you've got lots of space where there is very small population," he said. "There are a lot of people now who say the big wind farms are ugly and there's objection to that, but if you look at Pincher Creek, for example, in Alberta, where you've got a low population — it's a real opportunity."

Suzuki and Rubin were at the Broadway Theatre in Saskatoon last night. Their next stop on the Eco Tour is in Edmonton on Oct. 3.

MORGAN MODJESKI/METRO IN SASKATOON

Mobile news

Qriket

Man vs. bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

Vehicle registration

SGI says goodbye to stickers

The old practice of popping into SGI to get a new sticker for your licence plate will come to an end Nov. 1.

The Crown-owned insurance firm says it will save $100,000 a year by eliminating the stickers.

The minister responsible for SGI, Donna Harpauer, says police no longer rely on licence-plate stickers to validate vehicle registrations.

The money saved is supposed to be redirected to help fund traffic-safety-enforcement technology such as Automatic Licence Plate Recognition equipment.

The machine is a set of cameras mounted around a police cruiser that scans surrounding licence plates.

THE CANADIAN PRESS

Cenovus Energy Inc.

Oilsands Quest sells remaining assets for $10M

Cenovus Energy Inc. said Tuesday a deal to buy the remaining assets of Oilsands Quest for $10 million has been approved by the Alberta Court of Queen's Bench.

The deal includes three oilsands leases, covering approximately 59,000 hectares in Alberta and Saskatchewan that are adjacent to Cenovus's Telephone Lake oilsands project in northern Alberta. The acquisition also includes a 34,000-hectare oil-shale lease in east-central Saskatchewan.

Cenovus has filed a joint regulatory application and environmental-impact assessment for a 90,000-barrel-per-day project at Telephone Lake. THE CANADIAN PRESS

Hockey Hall of Famer

Bernie Federko to lead Memorial Cup volunteers

Former Saskatoon Blade Bernie Federko — also a member of the Hockey Hall of Fame — on Tuesday was named the volunteer ambassador for the 2013 MasterCard Memorial Cup.

MORGAN MODJESKI/METRO

That 'secret' is out: Justin is running

A new Trudeau era?
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

A kiss to build a dream on? Justin Trudeau kisses his wife Sophie Grégoire after announcing his Liberal leadership bid Tuesday night.
PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau is off and running.

He revealed the worst-kept secret in Canadian politics on Tuesday — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," he told a Montreal crowd.

But he faces a double-edged challenge: He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

Trudeau told a crowd peppered with Liberal luminaries that he has a vision for Canada's future "grounded not in the politics of envy or mistrust."

That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people.

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and debt.

"What's the response from the NDP? To sow regional resentment and blame the successful.

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said. "The only thing they have in common is that they are both, equally, wrong."

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

THE CANADIAN PRESS

Imbalance in the court

Court's new man is a gender jolt

Justice Richard Wagner of the Quebec Court of Appeal was lauded Tuesday as a worthy addition to the Supreme Court of Canada, though some were miffed he's a male.

Wagner's appointment reduced to three the number of women on the nine-member court. NDP justice critic Francoise Boivin was disappointed a woman was not appointed. Said Kathleen Lahey, Queen's University law professor: "This is the 21st century, and this is really a rather 20th century version of a top court." THE CANADIAN PRESS

Meter misery. No breaks for drivers ... and no brakes on parking costs

Gas prices aren't the only thing putting a squeeze on drivers' finances.

A new survey suggests Canadian drivers are pumping more cash into parking meters this year as parking rates continue to climb in major cities.

The Colliers International annual parking survey says the average median rate for a monthly unreserved spot is now $241.72 per month, up from $235.33 in 2011.

Calgary is Canada's most expensive city to park in for the second year in a row, with the average parking rate rising two per cent to $456.75.

That rate is second in North America only to parking in New York City.

Montreal, Toronto and Edmonton are also in the Top 10 most expensive cities for parking in North America.

THE CANADIAN PRESS

By the numbers

2.7%

How much the average median rate for a monthly unreserved parking spot grew over the past year.

Hormonal Breakouts?
Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. EstroSense also provides Tumeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

All of the above ingredients can be found in EstroSense, an excellent product for balancing hormones and providing liver support for naturally healthy skin from the inside out!

So much easier being a girl... *Like most people, I too, struggle with acne…One problem I have particularly struggled with has been my jaw line and back… That's when EstroSense entered my life and changed it for the better…After the first 3 months, my back and jaw breakouts have diminished significantly. On top of it, virtually all my PMS symptoms have almost disappeared…it's so much easier being a girl now.* Beauty Blogger Ellie S.

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Farmer eaten by his hogs

Mysterious death. Only dentures and body pieces found as authorities investigate several possible scenarios

This June photo shows hogs at a farm in Buckhart, Ill. An Oregon farmer was eaten by his swine, investigators say. M. SPENCER GREEN/THE ASSOCIATED PRESS FILE

Authorities are investigating how a U.S. farmer was eaten by his hogs.

Terry Vance Garner, 69, never returned after he set out to feed his animals last Wednesday on his Oregon farm, the Coos County district attorney said Monday.

A family member found Garner's dentures and pieces of his body in the hog enclosure several hours later, but most of his remains had been consumed, District Attorney Paul Frasier said. Several of the hogs weighed 700 pounds or more.

It's possible Garner had a medical emergency, such as a heart attack, or was knocked over by the animals, then killed and eaten, Frasier said, adding that at least one hog had previously bitten Garner.

The possibility of foul play is being investigated as well.

"For all we know, it was a horrific accident, but it's so doggone weird that we have to look at all possibilities," Frasier told The Register-Guard newspaper.

A pathologist was unable to identify a cause or manner of death, the newspaper reported. The remains will be examined by a forensic anthropologist at the University of Oregon.

Terry Garner was "a good-hearted guy" who cared for several huge adult sows and a boar named Teddy, said his brother, Michael Garner, 75, of Myrtle Point.

"Those animals were his life," Michael Garner said. "He had all kinds of birds, and turkeys that ran all over the place. Everybody knew him."

Domestic hogs are not typically known to be as aggressive as their feral cousins, but "there is some degree of danger associated with any animal," John Killefer, who heads the Animal and Rangeland Sciences Department at Oregon State University in Corvallis, told the newspaper.

THE ASSOCIATED PRESS

Dog days

Dog survives ride in sweltering heat

A dog has survived a 177-kilometre ride on the hot engine of a truck during a California heat wave. When Jaime Magalna, 52, noticed fur above his left front tire, he opened the hood to find a 25-pound dog atop the engine. The hunt is on for the dog's owner.

THE ASSOCIATED PRESS

Frostbitten

Veteran seeks $10M after penis amputation

A U.S. army veteran is seeking $10 million from the federal government, saying a nurse repeatedly put ice packs on his penis after surgery, causing frostbite and gangrene, and ultimately leading to the organ's partial amputation.

Michael D. Nash sued the federal government in U.S. District Court in Kentucky on Tuesday for what he calls medical malpractice.

THE ASSOCIATED PRESS

Dog trapped under a car for 17 km survives ruff ride

Animal-welfare authorities say a dog survived a 17-kilometre ride — at speeds of up to 80 km/h — after it was hit by a car and became wedged under its front grill. East Providence Animal Control supervisor William Muggle says the dog ran in front of the car in Massachusetts on Sept. 20. The driver slammed on the brakes, but didn't see the dog and continued driving. Muggle tells the Taunton Daily Gazette newspaper that another motorist finally pointed out the dog.

EAST PROVIDENCE ANIMAL CONTROL CENTER/THE ASSOCIATED PRESS

iPhone 5. Samsung adds new model to patent fight

South Korea's Samsung Electronics Co. says it has filed a motion with a U.S. court to add Apple's iPhone 5 to their ongoing patent battle.

Samsung says it filed the motion Monday with the California court, alleging that Apple's new phone infringes on eight of its patents.

The two companies are locked in a struggle for supremacy in the global smartphone market, leading to legal cases in courts across the globe. Samsung released a statement Tuesday saying, "We have always preferred to compete in the marketplace with our innovative products, rather than in courtrooms. However, Apple continues to take aggressive legal measures that will limit market competition."

It said it had "little choice but to take the steps necessary to protect our innovations and intellectual property rights." THE ASSOCIATED PRESS

Most valuable brands

BlackBerry sinks to No. 93 in global brand ranking

The BlackBerry brand that once dominated the smartphone landscape has plummeted nearly to the bottom of the latest ranking of global brands by an international consultancy. Interbrand said that Research In Motion's BlackBerry is now 93rd on its list of 100 most valuable global brands, down from 56th in 2011. THE CANADIAN PRESS

Market Minute

DOLLAR 101.60¢ (-0.16¢)

TSX 12,391.23 (+21.04)

OIL $91.89 US (-$0.59)

GOLD $1,775.60 US (-$7.70)

Natural gas: $3.52 (+0.04¢)
Dow Jones: 13,482.36 (-32.75)

Fish-tracing website looks to expand beyond Canada

Sustainability. Service lets consumers find out who caught their dinner and how

An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace the fish they buy back to the people who caught them is preparing for a global presence. JONATHAN HAYWARD/THE CANADIAN PRESS

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed on both coasts, she says.

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer. Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish. THE CANADIAN PRESS

Quoted

"There's more and more requirements by consumers to know exactly where their fish comes from.... They really want to know what kind of fishery it is."

Dan Edwards, a commercial fisherman from Ucluelet, B.C., who has been involved in the Thisfish program since 2007

Facebook redesigns help centre

This image provided by Facebook shows the social media network's revamped help centre, which is designed to be easier to navigate. Though it's only fully accessible on Facebook's website, the new help centre is intended to look and feel more like a mobile app, says Terry Guo, product manager at the Menlo Park, Calif.-based company. FACEBOOK/THE ASSOCIATED PRESS

Improper accounting was due to error, Nortel trial hears

Lawyers for three former high-ranking Nortel executives argued Tuesday that improper accounting practices at the former technology giant were made in error, not intentional manipulations as the Crown suggests.

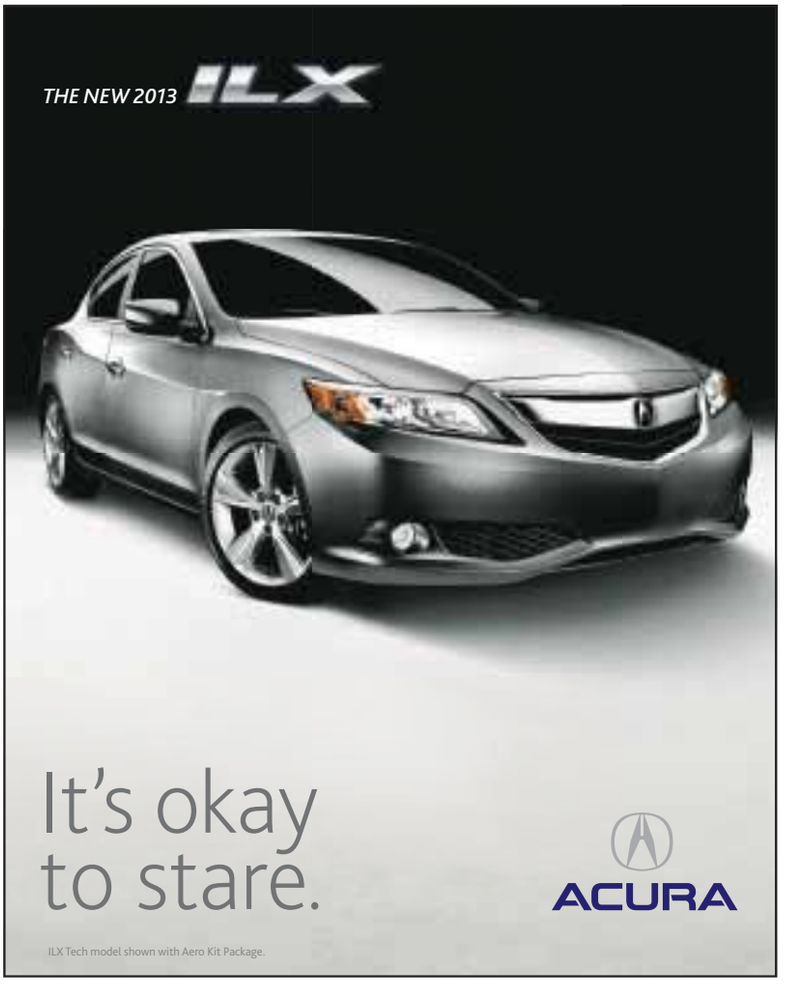
David Porter, who represents Nortel's ex-CEO Frank Dunn, told a Toronto courtroom there were no "dishonest acts" by his client or the other two accused, ex-CFO Douglas Beatty and ex-controller Michael Gollogly.

All three men face two counts each of fraud for allegedly falsifying the company's financial statements in 2002 and 2003 to trigger millions of dollars in bonuses for themselves.

Porter told the long-running fraud trial that the accounting decisions at Nortel during the time in question were done honestly and made with the information available at the time.

He argued that the accused were "transparent" and Dunn repeatedly told the accountants that "integrity was the underpinning of everything we do."

The Crown has argued that the accused knew that accruals were being moved around to show a return to profitability when in fact the company was struggling financially so they could receive $12.8 million in cash and stock bonus payments. THE CANADIAN PRESS



HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?

JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

Instead of alternating male names with female names, TWC will name winter storms after mythological figures, starting with Athena, Brutus and Caesar. Too bad it's alphabetical, because if Brutus could follow Caesar, weather nerds could amuse themselves by arching their eyebrows and declaring "Et tu, Brute" ad nauseam. (Excuse the Latin blizzard.)

I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather-nerd market, everyone else — which is to say, TWC's annoying competitor, Accuweather — will have to follow TWC's lead. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoop Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV-weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth), which would mean we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minn. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, when, in certain parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.

Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?

KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal-rights group Born Free USA, told Metro.

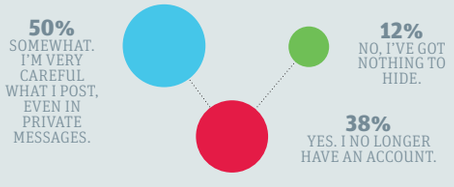
"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger." METRO

Jeff Harwell with Akasha.
CONTRIBUTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you concerned about your privacy on Facebook?


50%
SOMEWHAT. I'M VERY CAREFUL WHAT I POST, EVEN IN PRIVATE MESSAGES.
12%
NO, I'VE GOT NOTHING TO HIDE.
38%
YES. I NO LONGER HAVE AN ACCOUNT.

Twitter

@dummy306:
If I were a shot based on who I am, what ingredients would be in it?

@jeffdotca:
frickin, cold∑ i don,t need you NOW!!!

@sydney_nickolet:
the vinyl diner is my favorite store in all of saskatoon

@jinachco:
If you are looking for something different to eat in Saskatoon try Lebanese kitchen on 8th. The make one fine shawarma

@emaier:
I would be the happiest camper if there were a @MEC in Saskatoon #punintended

@MikeFKelly1964:
I am delayed sitting in the airport in saskatoon aauugghhh

metro
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ACURA

ILX Tech model shown with Aero Kit Package.

ISTOCKPHOTO/THINKSTOCK

FLICKR/CREATIVE COMMONS/MATT SHARPE

5 FABULOUS CITIES TO VISIT

Take a walk on the wild side … in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you are into French hip hop, dance clubs or live indie rock, Montreal after dark is the place to be. Head over to SAT, a slick warehouse and new media space for DJs and performance artists, Le Social, a bohemian hangout in a 19th-century mansion, or La Sala Rossa, a performance hall for touring bands. And check the paper because depending on where you are in the city, entire blocks are often closed to traffic for free concerts. Find your peeps, settle in — and let loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's nightlife is filled with wild abandon and contagious energy … people are jammed into cafés and underground bars that are spinning tunes and fun well beyond dawn. What makes it especially electrifying is all of this is happening amidst historical remnants (the German capital staged a revolution, was headquartered by Fascists and bombed to bits in the 20th century). All you have to do is surrender to the blissed-out haze of beats and booze …

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi Beach, which is just several kilometres from the city centre. Dunk yourself into the consistently great foaming swells for a rough-and-tumble swim (the average water temperature is 21 C). The beach is always swarming, there's lots happening in street cafés, and there are also salt-water sea baths at either end of the beach.

PUSHING BOUNDARIES: EDGY CAMDEN TOWN IN LONDON

Camden Town is where it's happening in London, England. This area has been the centre of alternative culture since the '60s, and today it's a grungy paradise for Goths, punks and everyone in between. Check out the world-famous Camden Market for one-off clothing finds as well as lots of food stalls from around the world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most exotic places to feel the power of the wind as it propels you across the water on a kite board is Dakhla. This western Sahara Desert town is one of the world's greatest wind — and kite-board surfing destinations! It's located on a narrow 48-kilometre long peninsula that stretches into the Atlantic Ocean and creates a huge lagoon. It's in that sandy lagoon where beginners and pros celebrate constant winds all year, flat water, great weather and lots of space. Grab your boards and go.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

FLICKR/CREATIVE COMMONS/MICHAEL ZIMMER

5 Gum. Stimulate Your Senses.

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Liam Neeson gets big bucks these days with roles like in Taken 2, but prior to killing bad guys, he showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do, "what I do best," which, apparently, is wallop bad guys, grimace and leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?,'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977s Pilgrim's Progress, was so low budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

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On the web

Qriket

Norah O'Donnell tries to make the most of her mornings on CBS

Tom Cruise

Special Scientology treatment for Cruise

Some members of the Church of Scientology are bristling at the special treatment they believe Tom Cruise is receiving in the wake of his split from Katie Holmes, according to Radar Online. "They have bent the rules or Tom. If Tom was any other Scientologist — including lesser celebrities — he would not be allowed to continue seeing and maintaining communication with Katie or Suri," former Celebrity Center president Nancy Many tells the website. "When every other person that I have known of leaves Scientology, which Katie did without speaking of it directly, they are instantly shunned."

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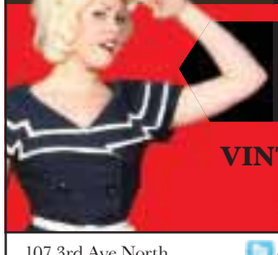

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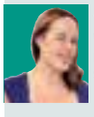
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kardashian and Lopez to be hosts of X Factor



THE WORD
Dorothy Robinson
scene@metronews.ca

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the Kardashian cabal (heads up: Don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.

Will Kopelman and Drew Barrymore ALL PHOTOS GETTY IMAGES

Suck it up: Tasty baby names are still in vogue

Drew Barrymore is a new mom, giving birth to baby girl Olive last week, according to a statement by her reps.

"We are proud to announce the birth of our daughter, Olive Barrymore Kopelman, born Sept. 26, healthy, happy and welcomed by the whole family," The statement reads. "Thank you for respecting our privacy during this most special time in our lives." This is the first child for Barrymore and husband Will Kopelman, who tied the knot in June.

Robert Pattinson

Don't worry, Robert. You're still the sexiest man alive

Maybe this will help take his mind off the whole Kristen Stewart cheating scandal thing: Twilight star Robert Pattinson has been named the Sexiest Man Alive by Glamour U.K. for the fourth year in a row. The Brit-heavy list awarded Avengers star Tom Hiddleston the No. 2 spot, while Johnny Depp, Michael Fassbender and Sherlock star Benedict Cumberbatch rounded out the top five.

Twitter

@BetteMidler
Oops, MIA again, upstate harvesting KALE KALE KALE!!! It's like a WEED!! How many chips can you eat?? And let's not discuss the peppers!

@EllenBarkin
Nice to see responses from Christians whose political beliefs might be different from my own. Glad your out there.

@SandraBernhard
a little reflection does a girl good. back on the chain gang.

@SarahKSilverman
I found Jesus. He was hiding under the bed

Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. ET/PT on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca

5 Places to bust the stress

SHAYAN/FLICKR

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.

SATORU KIKUCHI/FLICKR

ALOHAMAMMA/FLICKR

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea and the wetter, more serene eastern side amid main-street towns like Honoka'a.

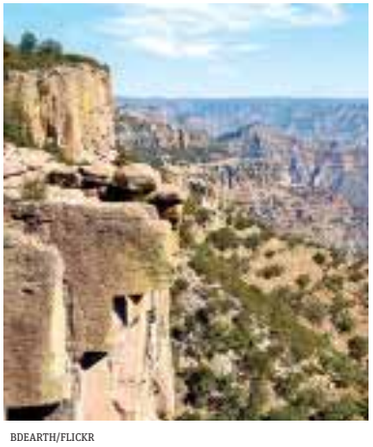
Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.

COLROS/FLICKR

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an otherworldly experience.



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ELI3

On the web

Qriket

New Travel Channel show goes behind the scenes at Miami International Airport

Jasper. Slow down and enjoy the ride through the Rockies

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes and rivers, punctuated by little railway towns.

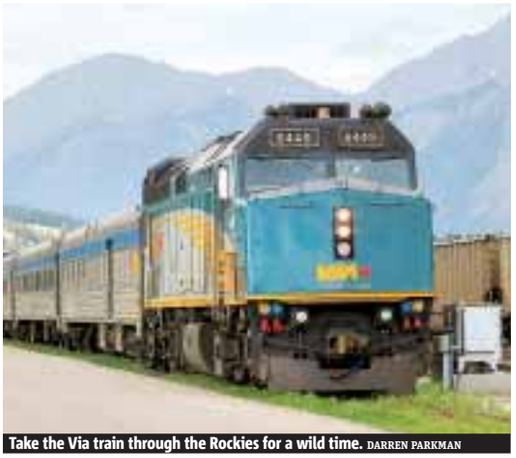
I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else.

I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor.

Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.



Take the Via train through the Rockies for a wild time. DARREN PARKMAN

After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a track-side field.

Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.

All in all, a pretty cool experience, and the slower pace allowed for plenty of time to drink it all in.

DARREN PARKMAN IS THE TRAVELLIN' CANADIAN

Skip pumpkin for new Lemon Meringue Pie

ROSE REISMAN
for more, visit
rosereisman.com

This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the meringue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8 mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase oven temperature to 375 F and bake 10 mins. or until meringue is lightly browned. Chill until cold and serve. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Lemon Meringue Custard Pie

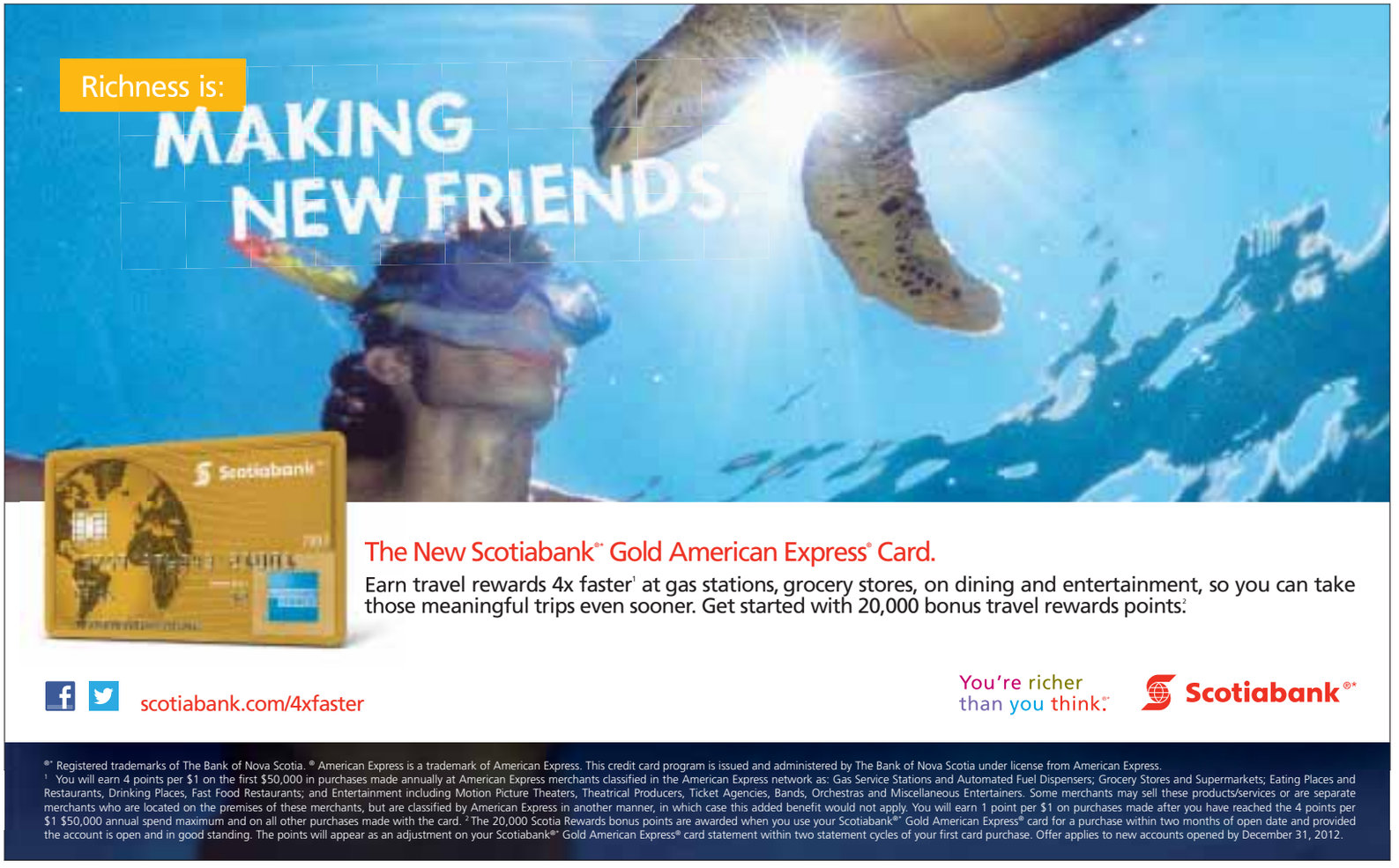
Recipe serves four RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Crust
- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 can (14 oz) + 2/3 cup low-fat sweetened condensed milk
- 1 tbsp lemon zest
- 1/2 cup lemon juice
- 3 egg yolks (save the whites)

Meringue
- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water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Progress stalls as lockout bill climbs to $100 million

Lockout. With no bargaining sessions ahead, loss of regular-season games looms

The NHL lockout has already cost the league almost $100 million in lost revenue.

That figure will likely end up looking like chump change by the time the sport's latest labour dispute is settled.

Talks broke off quickly between the league and the NHL Players' Association on Tuesday morning, and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he also revealed the extent of the damage the lockout has inflicted so far — "close to" $100 million after the cancellation of the entire pre-season schedule.

"That is not going to be recouped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"We're still focused on doing what we can to minimize the damage."

NHL deputy commissioner Bill Daly on the looming cancellation of regular-season games.

The revelation didn't elicit much sympathy from the union. Executive director Donald Fehr pointed out the sides could have continued negotiating past the Sept. 15 expiry of the last agreement.

"If this is a loss, this is a loss that is entirely of their own making," Fehr told The Canadian Press in an interview. "They're the ones that did this; nobody told them to."

The $100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

There are currently no other bargaining sessions planned. Fehr spoke with commissioner Gary Bettman by phone on Tuesday afternoon and is hopeful negotiations could resume in Toronto before the end of the week. THE CANADIAN PRESS

Djokovic returns to court in Beijing

Serbia's Novak Djokovic returns a shot to Michael Berrer of Germany in their men's singles match at the China Open tennis tournament in Beijing on Tuesday. Djokovic defeated Berrer 6-1, 6-7, 6-2 in his first match since losing the U.S. Open final. In the second round of the women's tournament, top-ranked Victoria Azarenka and No. 3 Agnieszka Radwanska both advanced with straight-set victories.

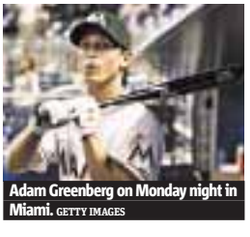
ANDY WONG/THE ASSOCIATED PRESS

MLB. Greenberg strikes out at plate, but not with fans

Adam Greenberg struck out on three pitches Tuesday night when he batted for the first time in seven years after the Miami Marlins gave him a second chance.

Greenberg signed a one-day contract before the game and stepped to the plate as a pinch-hitter leading off the sixth inning against New York Mets 20-game winner R.A. Dickey.

After Greenberg received a standing ovation from the modest crowd and his teammates in Miami, Dickey threw him three consecutive knuckleballs. The game was Greenberg's first since his major league debut in 2005, when he was hit in the back of the head by the first pitch he saw — a 92-mph fastball that derailed his career.



Adam Greenberg on Monday night in Miami. GETTY IMAGES

THE ASSOCIATED PRESS

Hockey

KHL jumps gun in announcing ESPN3 deal

The Kontinental Hockey League says some of its games will be broadcast in the United States on ESPN3 during the NHL lockout.

The Russian-based league announced on its website Tuesday that it plans to air five games in the next week on ESPN's online streaming service.

However, ESPN spokesman Josh Krulewitz said "the agreement is not finalized."

THE ASSOCIATED PRESS

MLB. Orioles push AL East race to season's final day

Another one-run victory by the Baltimore Orioles pushed the AL East race to the final day of the season.

Chris Davis homered for the sixth straight game and the Orioles overcame a club-record 15 strikeouts by Tampa Bay pitcher James Shields to beat the Rays 1-0 Tuesday night.

Baltimore remained one game behind the first-place New York Yankees, who rallied late to beat Boston 4-3 in 12 innings. The Orioles, already assured a playoff spot, need a victory Wednesday and a Yankees loss to force a one-game tiebreaker for the division title Thursday at Camden Yards.

Tuesday's game

Orioles	Rays
1	0

"We're not supposed to be here. So just go out and have fun and see what happens," closer Jim Johnson said after the O's improved to 29-9 in one-run games. THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Qriket

Three-time Olympic medallist Silken Laumann is blasting Rowing Canada's decision to part ways with men's eights coach Mike Spracklen. No reasons were given, but Spracklen has had a fractious relationship with Rowing Canada for years.

DRIVE

On the cutting edge of cute

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides

AUTO PILOT
Mike Goetz
drive@metronews.ca

Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

Automotive technology is advancing at breakneck speeds.

Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business.

The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness. Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c.

I recently took a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in. All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split. The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and appreciate cuteness. It's just that we have more natural defence to deal with it. We can walk away.

Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps?

Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

Studying surgeries improves crash safety

Driving force. Crash-test dummies vital to understanding accidents, but operating room observations take it to the next level

JIL MCINTOSH
drive@metronews.ca

To assess how injuries are caused in collisions, automakers use crash-test dummies.

But to fully understand everything that happens to the human body, General Motors is sending its engineers to the hospital.

At the University of Michigan Hospital, they witness surgeries and other medical procedures, to gain more information on how vehicles can be better designed to help reduce injuries.

"It helps us to relate the human body to the crash-test dummy," says Barbara Bunn, a safety engineer at General Motors' Milford Proving Grounds in Michigan. "Our crash-test dummies are designed to be tested hundreds of times during their life cycle. They gather the information, but they never break.

"When we go into a surgery and see the patterns of the fractures, we can try to determine what in the interior of the vehicle created this type of pattern, and we can learn how surgeons and first responders are repairing these fractures, and the long-term effect."

Information on hip and leg fractures, obtained from watching surgeries, has led to better designs in knee bolsters and seatbelts to help reduce injuries to the lower extremities.

Many internal injuries in severe crashes are caused by the so-called "third collision." The first collision is when the vehicle crashes into something, while the secondary collision is the occupant hitting something in the vehicle's interior, including the seatbelt or airbag. That stops the body's movement, but inertia is still acting on the internal organs. This is the third collision, when the organs slam against each other, or into bones.

"The crash-test dummies do not have internal organs or soft tissue," Bunn says. "It's all steel structure inside. We can look at the rib deformation, and we have accelerometers that can show internal speed, but to go to into the hospital and see spleen lacerations and how they're repaired, that's been invaluable."

The collaboration between General Motors and the hospital's International Center of Automotive Medicine has been ongoing for about 12 years. During that time, the Center has amassed tens of thousands of full-body scans of crash victims, measuring data points used by safety engineers for vehicle design, and for hospital staff to enable better medical care.

Safety studies

- GM has used crash-test dummies since the 1930s, when they were made of leather sewn over a metal structure.
- In addition to dummies, automakers also use 3D medical images and computer programs to determine potential injuries in crashes.

On the Web

Qriket

Scan code for more car reviews and news.

Horoscopes

♈ Aries
March 21 - April 20
You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

♉ Taurus
April 21 - May 21
What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

♊ Gemini
May 22 - June 21
You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

♋ Cancer
June 22 - July 23
It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

♌ Leo
July 24 - Aug. 23
You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

♎ Libra
Sept. 24 - Oct. 23
You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

♏ Scorpio
Oct. 24 - Nov. 22
What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

♐ Sagittarius
Nov. 23 - Dec. 21
You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

♑ Capricorn
Dec. 22 - Jan. 20
Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

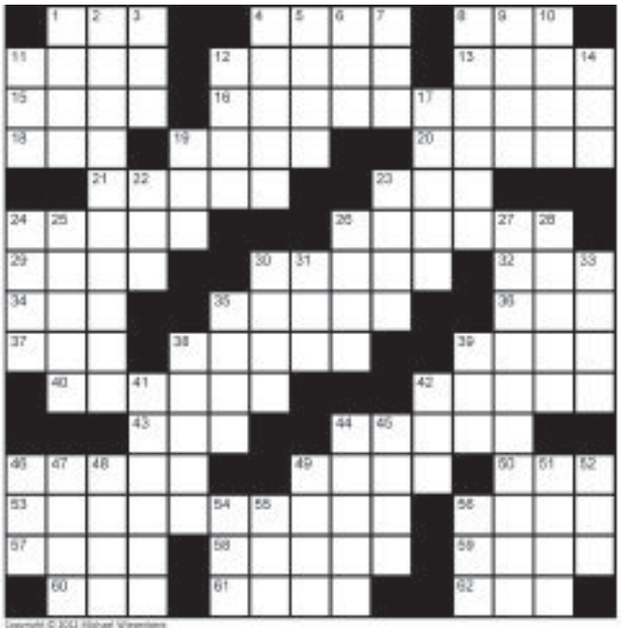
♒ Aquarius
Jan. 21 - Feb. 19
You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

♓ Pisces
Feb. 20 - March 20
Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

BY MICHAEL WIESENBERG



Across
1. Upper limb
4. Spoken
8. CD ancestors
11. *Yours* or *to you* (singular): Fr. (2 wds.)
12. "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
13. Acorn-dropping trees
15. Deafening
16. Maritime Province (2 wds)
18. Lower limb
19. Australian birds with green eggs
20. Foe
21. Float in place
23. Boxer Muhammed ___, the former Cassius Clay
24. Carried, as by the wind
26. Edmonton NHL team
29. Make ___ with: impress someone (2 wds.)
30. Banquets
32. And so on: abbr.
34. Unhappy
35. Casting director's assignments
36. Cause surface damage to
37. Before: poetic
38. Halifax-born singer McLachlan
39. Completely naked
40. Yellowknife is 400 miles south of this Circle
42. Apply juice, as to a turkey
43. Fled on foot
44. Call off (a mission), in NASA-speak
46. Book of maps
49. All over again
50. Recede, as the Bay of Fundy tide
53. Dentifrice
56. Burn the midnight oil studying
57. Comfortable state
58. Foreigner
59. Nevada's "The Biggest Little City in the World"
60. ___ Moines, Iowa
61. Votes cast in favor
62. Not even

Down
1. Dip ___ in the water: test bath temperature (2 wds.)
2. Saskatchewan CFL team member
3. Central
4. Smell
5. Guns, as an engine
6. ___ loss for words (2 wds.)
7. ___ Angeles
8. Dollar coin
9. Appetizer spread
10. ___ milk: 0% fat
11. Everything
12. "This one's ___": "My turn to buy" (2 wds.)
14. Speak
17. Biological building blocks
19. Night before
22. Quebec neighbour: abbr.
23. Is sick
24. Air Force installation
25. Scarlett ___
26. Promise
27. "'Digitally ___": fresh copy made from the original, in a DVD or CD notice
28. Begin
30. ___ Garneau: first Canadian in outer space
31. Historic period of note
33. They were among the original inhabitants of Ontario
35. Ache
38. Hidden cache
39. Tavern
41. Packing cases
42. Acknowledge applause
44. Puts money into a poker pot before cards are dealt
45. "What's ___ happening?"
46. Consumed
47. Frog's land-based cousin
48. Be an unsuccessful gambler
49. Largest continent
51. Group of marching musicians
52. RBC competitor
54. Earnings
55. Hearty pub order
56. ___-Magnon man

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		4	6		2			
	3					4	9	
6	7				1	8		
2		8	7				3	
				9				
	1				4	7		5
		9	4				1	7
	2	7					5	
			5		8	9		

Yesterday's Sudoku

Sharability

easy — hard

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SAVE $4,107

$129 /WEEK

2011 DODGE GRAND CARAVAN SXT
B5542
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SAVE $1,107

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B5535
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SAVE $1,107

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